

## **ABSTRACT OF THE DISCLOSURE**

Systems and methods for providing nested disposable bag packs for selective use to increase user efficiency, to enhance health and sanitation, to provide a savings of time and money in using disposable bags, to selectively provide needed bag strength, and/or to  
5 facilitate use of the disposable bags. A nested disposable bag pack is used to allow a new bag or bag-set to be available upon extraction of a previous bag/bag-set. The nested bag pack is a pre-packaged, multi-inserted bag pack, wherein the bags have been inserted within one another during the manufacturing process. The bags comprise a disposable material, such as a polymer (e.g., polyethylene or another polymer material), paper, or another  
10 material. The nested bag pack has a variety of uses in a variety of industries, including household and commercial use.

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